

Seniors

Senior Center Hours

The Rockville Senior Center is open to members and City residents ages 60 and over:

Monday-Friday 8:30 a.m. - 5 p.m.
Saturday 8:30 a.m. - 1 p.m.

Rockville's Senior Center is a multi-purpose center which provides a central location for many programs, activities and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center.

\$25 Residents

\$125 Nonresidents and \$65 Spouse

Additional \$25 per person for Fitness Membership. For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Washingtonian Center: 11/14

Lakeforest Mall: 10/10

Westfield Montgomery Mall: 9/19, 12/12


Rentals: 240-314-8801

Tucked away in a quiet Rockville neighborhood, the Rockville Senior Center offers rooms of various sizes for your special event. The Center can accommodate many uses from a small bridal shower for 10 to a fully catered wedding reception for 150. The rates are very affordable and include savings packages for rentals of six or more hours in length.

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

1. Discounts do not apply to the activities appearing in the senior section.
2. Discounts do not apply to trips.
3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
4. For more information, call 240-314-8800.
5. Discounts are not available on  **rock/enroll**

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.02-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center membership is available. You must meet age and income guidelines.

Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.38. Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations.

Suburban Hospital HeartWell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon.

Seniors

All classes will be held at the Rockville Senior Center unless otherwise noted. Please register early. Most classes fill quickly while others with low enrollment have to be cancelled.

Arts/Dance/Enrichment

AARP Driver Safety Program

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road, accident prevention and insights into personal driving abilities. Check with your insurance company because many graduates of this two-day course receive a discount on auto insurance. Note: \$10 class fee payable to AARP due at the first class.

Course #	Day	Date	Time	Fee (M/NM)
16368	Tu & W	Sep 27 & 28	9:30am-1:30pm	\$5/\$8

Location: Azalea Room

All That Jazz

Explore and discuss the many facets of the premiere American art form-Jazz. This class will focus on the great jazz vocalists, Latin flavors, and more. Presented by Jesse Etelson, a regular performer (JBJ Trio) at the Carnation Supper Club. This class is a continuation but newcomers are always welcome-join in the fun!

Course #	Day	Date	Time	Fee (M/NM)
16448	W	Sep 21	10:30am-12 noon	No Fees

Location: Azalea Room

Big Band Beach Brunch

Surf's Up! Wear your best beach outfit and join us for a breakfast with Big Band music for your listening and dancing pleasure. Our breakfast buffet will be presented by Chef Z of Stone Soup Catering. Music provided by Steve McIntire. Come celebrate the end of summer with Center friends.

Course #	Day	Date	Time	Fee (M/NM)
16300	M	Sep 19	10:15am-11:45am	\$14/\$18

Location: Carnation Room



**For information on
Senior Fitness Programs:**
Joyce Staub
240-314-8822 or jstaub@rockvillemd.gov

Birthday and Anniversary Parties

Mark your calendar! Celebrate fall birthdays and anniversaries with great entertainment and light refreshments.

September Birthday and Anniversary Party

Sponsored By: Willing 3 C's Club, Lois Darling, Mary Miller
Entertainment By: Clam Bake Trio

Course #	Day	Date	Time	Fee (M/NM)
16438	W	Sep 7	1:30pm-3pm	No Fees

Location: Carnation Room

October Birthday and Anniversary Party

Sponsored By: Senior Associates Club, Annie & Lewis Rhodes
Entertainment By: Carlton Jackson

Course #	Day	Date	Time	Fee (M/NM)
16439	W	Oct 5	1:30pm-3pm	No Fees

November Birthday and Anniversary Party

Sponsored By: Carole Fox, Ric and Jean Ratti
Entertainment By: Senior Star Showcase

Course #	Day	Date	Time	Fee (M/NM)
16440	W	Nov 2	1:30pm-3pm	No Fees

December Birthday and Anniversary Party

Sponsored By: Triple F Club
Entertainment By: Dale Jarrett Trio.

Course #	Day	Date	Time	Fee (M/NM)
16441	W	Dec 7	1:30pm-3pm	No Fees

Car Care for the Winter *New*

Old man winter is coming and your car needs to be prepared for snow and ice. An instructor from the Gudelsky Institute will be here to provide basic information on maintenance service that can be performed at home. Learn simple troubleshooting techniques and the theory of preventative maintenance. Weather permitting there is an opportunity to step outside to check your car.

Course #	Day	Date	Time	Fee (M/NM)
16677	W	Nov 9	1pm-3pm	\$2/\$4

Location: Azalea Room

Carnation Players Star Search

If you have a flare for theatrics, can sing, play an instrument, help write a script, create costumes or help on the set, the Carnation Players need you. You may have a hidden talent and just need to be discovered. Help us prepare for our holiday performances.

Course #	Day	Date	Time	Fee (M/NM)
16364	Tu	Oct 25-Dec 13	3pm-4pm	No Fees

Instructor: Beck
Location: Carnation Room

Seniors

Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us. Note: No class 11/11 or 11/25.

Course #	Day	Date	Time	Fee (M/NM)
16302	F	Sep 23-Dec 9	10am-11:30am	\$10/\$13

Location: Board Room

Civil War Christmas 1863 *New*

Mrs. Stonestreet, attired in authentic, re-created Civil War clothing, shows small antique items that will be Christmas gifts for her family. Modern Christmas ideas in the mid 19th century, as well as holiday customs and food will be discussed.

Course #	Day	Date	Time	Fee (M/NM)
16395	W	Nov 30	10am-11am	\$3/\$5

Location: Azalea Room

Community Corner *New*

Featuring area residents, this series introduces you to those who have led extraordinary lives, been a part of history or an eyewitness to it.

Expanding Your Life With A Pet

Come talk with Ruth Hanessian of Animal Exchange about the benefits of living with a pet. Don't suffer from empty nest syndrome or social isolation since many health issues can be lessened just by having a little friend live with you.

Course #	Day	Date	Time	Fee (M/NM)
16387	W	Oct 12	10:15am-11:15am	No Fees

First Lady of Antarctica

Meet Jackie Ronne, the first American woman to set foot on, and to spend a winter, 15 months, on Antarctica. She was responsible for weekly news reports and broadcasts to the States. Note: Copies of 'Antarctica's First Lady' will be available for purchase and signing.

Course #	Day	Date	Time	Fee (M/NM)
16388	W	Nov 9	10:30am-11:30am	No Fees

Location: Azalea Room

Computers - Beginners Introduction

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Note: Monday class meets 10 a.m.-2 p.m. Tuesday & Thursday class meets 10:30 a.m. to 12 noon. Upon completion of this series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

Course #	Day	Date	Fee (M/NM)
16338	M, Tu & Th	Oct 10, 25 & 27	\$5/\$7
16330	M, Tu & Th	Nov 14, 29 & Dec 1	\$5/\$7

Location: Computer Lab

Computers - Clarify Concepts

Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

Course #	Day	Date	Time	Fee (M/NM)
16347	W	Oct 5	10am-12 noon	\$6/\$8
16309	W	Nov 2	10am-12 noon	\$6/\$8
16310	W	Dec 7	10am-12 noon	\$6/\$8

Instructor: Conway

Location: Computer Lab

Computers - Database Creation

Certain types of data are perfect for database software programs such as name and address files, recipe files, charity donation files and many others that are erroneously placed into spreadsheet files. Learn to create a simple database that will give you ease in manipulating data, sorting and printing a file in exactly the format that you want. Prerequisite: Computer Essentials.

Course #	Day	Date	Time	Fee (M/NM)
16376	Tu & Th	Sep 20 & 22	10am-12 noon	\$15/\$18

Instructor: Bender

Location: Computer Lab

Computers - E-mail

Learn how to set up an address book, how to send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. Note: \$2 materials fee payable to instructor at class. Prerequisite: Computer Essentials

Course #	Day	Date	Time	Fee (M/NM)
16305	Tu & Th	Nov 1-8	10am-12 noon	\$23/\$27

Instructor: Bender

Location: Computer Lab

Computers - Internet

Get online and get connected to the information age. Through Internet Explorer, discover how to find free software, health information, purchasing information, product and price comparisons and much more. Note: \$5 manual fee payable to instructor.

Prerequisite: Computer Essentials

Course #	Day	Date	Time	Fee (M/NM)
16306	Th, Tu	Nov 10-22	10am-12 noon	\$30/\$35

Instructor: Bender

Location: Computer Lab

Computers - More Keyboard and Mouse

This class is for students who would like to have further instruction and assistance using the computer keyboard and mouse. Prerequisite: Beginners Introduction to Computers

Course #	Day	Date	Time	Fee (M/NM)
16379	Tu	Dec 6	1pm-3pm	\$4/\$5

Instructor: Martin

Location: Computer Lab

Seniors

Computers - Right Click - Left Click

Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both the left and right mouse buttons.

Course #	Day	Date	Time	Fee (M/NM)
16369	Tu & Th	Nov 15 & 17	1pm-3pm	\$8/\$10

Instructor: Martin

Location: Computer Lab

Computers - Shopping On-Line

Not looking forward to battling the crowds at the mall this holiday season? Order on-line and have your packages delivered right to your door. Find out where to shop, how to get the best price and about shopping security.

Course #	Day	Date	Time	Fee (M/NM)
16349	W	Nov 30	10am-12 noon	No Fees

Instructor: Conway

Location: Computer Lab

Computers - The Essentials

Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts

Course #	Day	Date	Time	Fee (M/NM)
16304	M & W	Sep 28-Oct 5	1pm-3pm	\$23/\$27

Instructor: Bender

Location: Computer Lab

Computers - Windows Paint

The Paint Program is part of Windows. Copy and edit any picture that appears on your screen and add your own caption, or draw your own picture. Once saved, you can later attach your pictures to e-mails; any recipient using Windows will be able to open and see your pictures.

Course #	Day	Date	Time	Fee (M/NM)
16370	M & W	Oct 17 & 19	1pm-3pm	\$7/\$10

Instructor: Martin

Location: Computer Lab

Computers - Windows XP

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class. No class 10/13.

Course #	Day	Date	Time	Fee (M/NM)
16329	Tu & Th	Oct 11-27	1pm-3pm	\$35/\$43

Location: Computer Lab

Digital Camera Purchase

Learn what to look for and get the most for your money.

Course #	Day	Date	Time	Fee (M/NM)
16308	M	Sep 26	1pm-3pm	No Fees

Instructor: Bender

Location: Azalea Room

Digital Photo - Beginners

Digital cameras are really mini computers. Join us and learn the functions of the camera's menu system. Then we will use the camera in auto mode and produce images that are worthy of display. Emphasis will be on composition. Note: Bring a digital camera. You must be familiar with the manual. No class 10/13.

Course #	Day	Date	Time	Fee (M/NM)
16327	Tu & Th	Oct 11-20	10am-12 noon	\$35/\$40

Location: Computer Lab

Digital Photo - Intermediates

Further use of camera capabilities will be explored as we discuss additional menu items, shoot close up images, use depth of field capabilities, investigate lighting techniques, the use of proprietary camera functions and understand how to improve our photo by using the built in camera flash. A photo critique of assignments will take place at the start of each session. Bring a digital camera.

Course #	Day	Date	Time	Fee (M/NM)
16375	M & W	Oct 24-31	10am-12 noon	\$35/\$40

Instructor: Bender

Location: Computer Lab

Digital Photography - Night Trip

Take an evening photography field-trip to the National Mall and learn how to incorporate flash and time photography to get better pictures. Note: Price includes round-trip bus transportation. Tripod recommended.

Course #	Day	Date	Time	Fee (M/NM)
16311	Th	Dec 8	7:30pm-10:30pm	\$15/\$19

Instructor: Bender

Location: Computer Lab

Digital Photography Editing

What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Software used is Photo Elements 2. Bring sample photos on a floppy disk or a chip.

Course #	Day	Date	Time	Fee (M/NM)
16307	Tu & Th	Nov 1-10	1pm-3pm	\$45/\$50

Instructor: Bender

Location: Computer Lab

Seniors

Donna Dewberry One Stroke Painting

Participants will learn this very popular and easy painting technique taught by a certified 'One Stroke' Instructor.

Snowman Tray

Get an early start on your holiday decorating! Use acrylic paints to create an adorable snowman's head on a wood tray. Note: Instructor will provide a tray ready for painting, loaner paints, brushes, and a variety of patterns.

Course #	Day	Date	Time	Fee (M/NM)
16454	Tu	Oct 18	10am-12 noon	\$35/\$40

Holiday Glass Ornaments

Use enamel paints to create two lovely glass ornaments. Several decorating ideas will be provided by the instructor, as well as loaner paints and brushes. Join us for holiday creative ideas.

16455	Tu	Nov 8	10am-12 noon	\$30/\$35
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Location: Arts and Crafts Room

Elderhostel Lifetime Learning *New*

Learn firsthand about the Elderhostel Program, the nation's first and world's largest educational and travel organization. Discover why a quarter of a million enrollees took more than 10,000 programs in 100 countries. Learning is a lifelong process and sharing new ideas, challenges and experiences is rewarding in every season of life.

Course #	Day	Date	Time	Fee (M/NM)
16289	Tu	Sep 20	7pm-8pm	\$4/\$6

Location: Azalea Room

Energy Conservation

Do you want to lower your electric bill? Do you know the major energy users in your home? Do you know how to make your home more energy efficient? Learn how you can save energy and at the same time get tips on electricity usage in your home. Presented by PEPCO.

Course #	Day	Date	Time	Fee (M/NM)
16373	M	Nov 7	10am-11:30am	No Fees

Location: Azalea Room

English Classes

English classes are available for seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Classes include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability. Note: STUDENTS MUST REGISTER IN PERSON ON WEDNESDAY, SEPTEMBER 14 at 10:30 a.m. at the Senior Center.

Course #	Day	Date	Time	Fee (M/NM)
Level I				
16355	M & W	Sep 26-Nov 30	10:15am-11:15am	\$11/\$14
Level II				
16356	M	Sep 26-Nov 28	10am-12 noon	\$11/\$14
Level III				
16357	Tu	Sep 27-Nov 29	10am-12 noon	\$11/\$14
Level IV				
16358	W	Sep 21-Nov 23	10am-12 noon	\$11/\$14

FBI in the New World *New*

In this overview of the FBI our speaker will discuss the role of the agency and how it meets the demands of current and emerging national security concerns. The FBI can quickly bring criminal justice tools to bear in its national security mission.

Course #	Day	Date	Time	Fee (M/NM)
16394	F	Nov 18	10am-11am	No Fees

Location: Azalea Room

Genealogy: Family Trees & the Internet

Family History Centers provide genealogical research and a Web site containing valuable family history data. Learn how to get the most out of these two resources. After collecting your research, learn how to organize the results and how to evaluate the evidence you have collected.

Course #	Day	Date	Time	Fee (M/NM)
16362	Tu & Th	Oct 25 & 27	10am-12 noon	\$12/\$15

Location: Azalea Room

Group Piano

Lessons offered at different levels teach the fundamentals of rhythm, theory and note reading of music. Pianos are available for each lesson, and for practice by checking with the Center office in advance. Note: Prerequisite for all classes is completion of the Spring '05 session.

Course #	Day	Date	Time	Fee (M/NM)
Beginner				

16277	M	Sep 26-Oct 31	10:15am-11:15am	\$60/\$75
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Elementary

No class 10/4.

16278	Tu	Sep 27-Nov 8	11:15am-12:15pm	\$60/\$75
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Advanced Intermediate

No class 10/4.

16279	Tu	Sep 27-Nov 8	10:15am-11:15am	\$60/\$75
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Instructor: Butenhoff

Location: Board Room

Home Remedies with Mrs. Stonestreet *New*

Mrs. Stonestreet, mother of a Rockville doctor, shares medical advice and home recipes using samples of salves, cough syrup, insect repellants and artifacts of the 19th century. Her presentation concludes with a 'show-n-tell' of the many layers of her authentic costume. Note: Mrs. Stonestreet's book 'Home Remedies' will be available for purchase and signing.

Course #	Day	Date	Time	Fee (M/NM)
16381	W	Sep 14	10am-11am	\$3/\$5

Location: Azalea Room

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Hurricanes: Curse of the Eastern Seaboard *New*

Join Professor McDermott of Montgomery College as he discusses the origins, history and dangers posed by these complex storms. This season has the potential to be a busy and dangerous one, so come learn what these storms are all about.

Course #	Day	Date	Time	Fee (M/NM)
16396	Tu	Sep 13	10:30am-12 noon	No Fees

Location: Azalea Room

In the Kitchen with Judy

Learn an array of new dishes and recipes in our series of gourmet cooking classes. Register early as classes with Judy and Jacques fill quickly.

From Our Kitchen to Yours

Taste festive dishes that can travel to a holiday dinner such as sugar and spice cranberries, sweet potato pineapple bake, apple and pepper saute, beans with celery-bacon sauce, acorn squash feta casserole and more.

Course #	Day	Date	Time	Fee (M/NM)
16442	Th	Nov 3	10am-12 noon	\$28/\$35

Celebration Canapes

Your guests will clamor for these simple but tasty canapes, such as garlic pizza wedges, cheddar ham cups, and pesto pinwheels. Enjoy these and more of the chef's favorites on your holiday.

16443	Th	Dec 1	10am-12 noon	\$28/\$35
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Instructor: Beck

Location: Arts and Crafts Room

Italian for the Beginner

Would you like to begin speaking or understanding Italian? Are you planning a trip to Italy? Join us and begin to learn a new language. Taught by Mirella Venezian.

No class 10/13 & 11/24.

Course #	Day	Date	Time	Fee (M/NM)
16553	Th	Sep 29-Dec 1	10am-12 noon	\$16/\$20

Location: Card Room

Jewelry Making With 2 Sisters *New*

Learn to make a basic necklace or bracelet and earrings. Enjoy the process of designing and creating your own jewelry that will be professionally finished with a clasp. Your piece will be sized personally for you.

Course #	Day	Date	Time	Fee (M/NM)
16393	W	Oct 26	10am-12 noon	\$28/\$35

Location: Arts and Crafts Room

Keys to a Healthy, Beautiful Lawn *New*

Does the grass seem greener on the other side of your fence? Master Gardener, Bob McDowell, will share six steps to help you care for your lawn. Learn how to fertilize and water, mow and edge like a pro. Your neighbors will be envious of your green thumb!

Course #	Day	Date	Time	Fee (M/NM)
16385	M	Oct 3	10am-11am	\$2/\$4

Location: Azalea Room

Line Dancing - Beg./Int.

Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for beginners and intermediates so you can learn at your own pace. This is a no-partner activity for men and women.

Course #	Day	Date	Time	Fee (M/NM)
16415	W	Sep 21-Oct 26	10:10am-10:55am	\$23/\$28

Instructor: Staub

Location: Exercise Room

Manage Your Income for a Safe Retirement

Topics of discussion will include the impact of required minimum distributions on your retirement savings, as well as how to create a lasting legacy using tax efficient, income gathering strategies. Presented by Evan Winik, Financial Advisor, Merrill Lynch.

Course #	Day	Date	Time	Fee (M/NM)
16378	Tu	Oct 18	1pm-2:30pm	No Fees

Location: Azalea Room

Medicare Changes in 2006

Medicare Prescription Drug Coverage benefit becomes effective January 1, 2006. The initial open enrollment will begin November 15, 2005 and will last until May 15, 2006. Learn about premiums, co-pays, deductibles and the new plan choices. Presented by the Senior Health Insurance Assistance Program.

Course #	Day	Date	Time	Fee (M/NM)
16351	W	Nov 16	10am-12 noon	No Fees

Location: Azalea Room

Once Upon A Time....

Our newest book club will make you want to run out and get a new book to read! Moderator, Marie MacKay, will begin our discussion. Come and share your favorite or worst-ever read. Come find out what novels are being read in Rockville.

Course #	Day	Date	Time	Fee (M/NM)
16577	M	Sep 12	10:30am-11:30am	No Fees
16578	M	Oct 10	10:30am-11:30am	No Fees
16579	M	Nov 14	10:30am-11:30am	No Fees

Location: Azalea Room

Seniors

Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

Course #	Day	Date	Time	Fee (M/NM)
16363	M	Sep 26-Nov 7	12:45pm-2:45pm	\$8/\$10

Location: Arts and Crafts Room

Putting Your Garden to Rest

Presented by the Master Gardeners of Montgomery County this program will focus on clean up and other fall tasks for your gardens appearance and pest control. Discussion on fall planting and spring planning will give you helpful pointers for this time of year.

Course #	Day	Date	Time	Fee (M/NM)
16343	M	Sep 19	1pm-2pm	\$2/\$4

Location: Azalea Room

Senior Singers

Like to sing and eager to meet others? Join our volunteer leaders, Teresa Harn and Mary Phfong, for a high-spirited afternoon of music. All types of music will be incorporated. No experience is needed.

Course #	Day	Date	Time	Fee (M/NM)
16365	Th	Sep 15-Nov 3	1pm-2pm	No Fees

Location: Board Room

Short Story Writing

Have you always wanted to write a short story and have it published? Do you have a story in need of critique? Join Fred McCann to hear about his writing journey and critique one of his stories. This is an ongoing friendly dialogue among budding authors. Come share your story with us.

Course #	Day	Date	Time	Fee (M/NM)
16389	F	Sep 16	10:15am-12 noon	No Fees
16450	F	Oct 28	10:15am-12 noon	No Fees

Location: Azalea Room

Sugarloaf, Our Closest Mountain *New*

Author Melanie Choukas-Bradley will share her slides and knowledge on Sugarloaf Mountain. See Sugarloaf in all four seasons and learn highlights of its history and geology. Note: Copies of Melanie's books will be available for purchase and signing.

Course #	Day	Date	Time	Fee (M/NM)
16392	W	Oct 19	10am-12 noon	No Fees

Location: Azalea Room

Tax Changes - 2005 and 2006

This seminar will address the most recent tax changes effecting both 2005 and 2006. There will be plenty of time to ask questions. Presented by Frederick Dean, Jr. IAR.

Course #	Day	Date	Time	Fee (M/NM)
16377	Th	Dec 8	10am-12 noon	No Fees

Location: Azalea Room

The Jefferson Cafe *New*

Presented by the Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

The American Dream

Participants will read the Introduction to Jim Cullen's American Dream: A Short History of an Idea That Shaped a Nation. Discussion will center on where the phrase originated and how the concept has evolved over time.

Course #	Day	Date	Time	Fee (M/NM)
16451	W	Oct 19	1pm-2:30pm	No Fees

The Lesser Evil: Political Ethics

Discussion will be on the reading by Michael Ignatieff 'The Lesser Evil: Political Ethics In An Age of Terror'. This reading raises issues about whether governments can be held to observing ethical standards during a time of terrorist threat.

Course #	Day	Date	Time	Fee (M/NM)
16452	W	Nov 16	1pm-2:30pm	No Fees

Location: Board Room

Topiaries for Holiday Seasons *New*

With help from a 'Friend' of Brookside Gardens and their greenhouse, we will create a topiary that can be changed to match the present season, and make a lovely focal point for your home. Learn the special techniques of shaping plants into living art. Note: All supplies are included.

Course #	Day	Date	Time	Fee (M/NM)
16449	M	Nov 14	10am-11:30am	\$22/\$28

Location: Arts and Crafts Room

Rockville Senior Center and Suburban Hospital

Health Seminar

Tuesday, October 11

10:30-12:30 - Balance and Gait Screening

11 a.m. - 12 noon - Lecture on Stroke Prevention

1-2 p.m. - Lecture on the New Food Pyramid

Seniors

Veterans' Program

The first Thursday of the month we will feature presentations of special interest to our Veterans. Family and friends are welcome to attend.

Veterans' Benefits

The Service Program Director from the Maryland Department of Veteran Affairs will be our guest speaker. This informational session will inform you of both the federal and state benefits and resources available, as well as time for questions.

Course #	Day	Date	Time	Fee (M/NM)
16386	Th	Oct 6	10am-12 noon	No Fees

Women in the Military

Command Sergeant Major Michele Jones is the highest-ranking enlisted female in the Army. She is the 9th CSM of the Army Reserve. As a career soldier, she has held many leadership positions within the Department of the Army.

Course #	Day	Date	Time	Fee (M/NM)
16608	Th	Nov 3	10am-11:30am	No Fees

Location: Azalea Room

Watercolor - Experimental

Try this class with no risk as all materials will be provided! At each class explore a different aspect of the watercolor medium. Learn to mix color, basic brush techniques and paper choices. It's your chance to try watercolor without a big investment. Note: \$3 payable to instructor at first class.

Course #	Day	Date	Time	Fee (M/NM)
16282	Tu-W	Sep 13 & 14	6:30pm-8:30pm	\$27/\$30

Instructor: Ely

Location: Arts and Crafts Room

Watercolor - Beginning

Learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. Note: A \$6 material fee is required for new students, made payable to the instructor, will be due the first class to cover supplies.

No class 10/4.

Course #	Day	Date	Time	Fee (M/NM)
16280	Tu	Sep 27-Nov 8	1pm-3pm	\$52/\$65

Instructor: Ely

Location: Arts and Crafts Room

Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. Come enhance your skills in a comfortable and nurturing atmosphere.

No class 10/13.

Course #	Day	Date	Time	Fee (M/NM)
16281	Th	Sep 29-Nov 10	10am-12 noon	\$52/\$65

Instructor: Ely

Location: Card Room

Would You Like to be a Diamond?

Most people think that a funeral consists of a service and a burial, but that is no longer true. There are now many creative choices that can satisfy the spirit of almost anyone who does not want to be remembered in the same old way. From becoming a permanent undersea reef, a fireworks display or a diamond, we will explore the most unusual and creative memorial options available.

Course #	Day	Date	Time	Fee (M/NM)
16350	W	Oct 19	10am-11:30am	No Fees

Location: Azalea Room

Fitness/Wellness

Acupuncture: An Invitation to Wellness

Learn about this 2500+ year old medical system and how it can help you to experience greater ease and harmony in life and support your body, mind and spirit. Acupuncture looks at the whole person and can be safely and effectively used to complement other therapies.

Course #	Day	Date	Time	Fee (M/NM)
16372	W	Sep 14	1pm-2pm	No Fees

Location: Azalea Room

Afternoon Tone and Stretch

Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will work with exercise tubes, weights, Swiss balls and mats.

Course #	Day	Date	Time	Fee (M/NM)
16431	M & W	Sep 19-Nov 16	1pm-2pm	\$36/\$45

Instructor: Cristiano

Location: Exercise Room

Amazing Fitness Race

A packet with clues will be given to you at the front office. Your time will be recorded when you begin your search. When you have completed all the questions, return to the office and your ending time will be recorded. Winners will be determined by speed and most correct answers. Prizes will be awarded. Note: You may join this race only one time as an individual or a team.

Course #	Day	Date	Time	Fee (M/NM)
16545	M-F	Sep 19-30	9am-3pm	No Fees

Location: Lobby

Seniors

Annual Teddy Bear Walk

Energize your heart and at the same time put joy in the hearts of children. Purchase a NEW teddy bear or other stuffed animal and bring it along as we walk from the Senior Center to Shady Grove Hospital (approx. 1 1/2 miles, all on sidewalks). After presenting the animals to children on the pediatrics floor, we will meet for a delicious complimentary lunch in the cafeteria and then walk back to the Senior Center. (Van transportation is available if needed.) Rain date: 10/7.

Course #	Day	Date	Time	Fee (M/NM)
16397	Th	Oct 6	9:45am-12:30pm	No Fees

Instructor: Staub

Location: Exercise Room

Arthritis Foundation's PACE

People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

Course #	Day	Date	Time	Fee (M/NM)
16398	Th	Sep 22-Nov 17	1pm-2pm	\$24/\$29

Instructor: Cristiano

Location: Exercise Room

Basic Weight Training for Beginners

This class is designed to emphasize muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand held weights and exercise tubes.

Course #	Day	Date	Time	Fee (M/NM)
16581	Tu	Sep 13	2pm-3pm	\$6/\$8

Instructor: Klopfer

Location: Exercise Room

Chair Exercise

Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music.

Course #	Day	Date	Time	Fee (M/NM)
16404	M & W	Sep 19-Nov 16	11am-12 noon	\$36/\$45

Instructor: Cristiano

Location: Exercise Room

Drop In, Shape Up

Don't hang up your tennis shoes. Join us to continue your workout during the break between sessions. All levels of fitness are invited to attend. There is no need to register. Sign in and pay at each session you attend.

Course #	Day	Date	Time	Fee (M/NM)
16434	M & W	Nov 21-Dec 7	10:30am-11:30am	\$2/\$3

Instructor: Cristiano

Location: Exercise Room

Exercise Plus

This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including Tai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music. No class 11/11.

Course #	Day	Date	Time	Fee (M/NM)
16407	F	Sep 23-Nov 18	1pm-2pm	\$5/\$8

Instructor: Kao

Location: Exercise Room

Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$25 Fitness Room fee payable when you renew your Center Membership. FOR FITNESS CLUB MEMBERS ONLY: Monday through Friday 8:30 a.m.-4:50 p.m. Saturday 8:30 a.m.-12:50 p.m.

Exercise Machine Training

To learn how to use the exercise equipment and become a Fitness Club member, register for the month desired and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
16432	M & W	Sep 7-Dec 26	9:30am-4:50pm	\$25

Instructor: Klopfer

Location: Fitness Room

Getting Organized Before Hospitalization

With all the recent publicity surrounding Teri Shivo the subjects of advance directives and durable power of attorney are raised for each of us. Join Mary Monen, Suburban Hospital's Director of Risk Management, to learn about the importance of getting your papers in order before hospitalization and documents you should have handy.

Course #	Day	Date	Time	Fee (M/NM)
16286	Th	Nov 17	1pm-2pm	No Fees

Instructor: Hospital

Location: Azalea Room

Help For Your Hearing

Learn about new hearing aids and devices to help with special listening problems and situations, how to use your eyes and ears and how to cope with difficult communication situations. Taught by the U. of Maryland Speech and Hearing Clinic. Fee: \$40 payable to the U. of MD the first day of class. Note: No class Oct 13.

Course #	Day	Date	Time
16303	Th	Sep 15-Oct 20	1:30pm-3:30pm

Location: Health Room

Seniors

How to Make Your Dr. Appt. Successful

Learn how to make the most of your doctor's visit. We frequently feel like there isn't enough time devoted to an appointment. Dr. Shama Mittal will tell you how to maximize the allotted time and suggest how to prepare.

Course #	Day	Date	Time	Fee (M/NM)
16285	Th	Oct 20	1pm-2pm	No Fees
Instructor: Hospital				
Location: Azalea Room				

Is It A Senior Moment or Dementia?

Are we just forgetful? Is it dementia with some organic cause? How do you know and what can you do about it? Dr. Humera Malik will discuss the causes of dementia and some new medications available to help. She will administer a self-evaluation test and review the results in general terms.

Course #	Day	Date	Time	Fee (M/NM)
16287	Th	Dec 15	1pm-2pm	No Fees
Instructor: Hospital				
Location: Azalea Room				

New Facts About Fat

Confused about fat? Some fats are good, some fats are bad? Come hear the latest information about everything and anything related to trans fat, omega 3 fats, saturated/monounsaturated fat, fake fat (olestra), upcoming changes in food tables, good cholesterol vs bad and other reliable information about nutrients. A question and answer session will follow.

Course #	Day	Date	Time	Fee (M/NM)
16380	Th	Oct 6	10am-11am	No Fees
Location: Azalea Room				

Personal Trainer

An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: You must have been trained on the equipment.(See Exercise Machine Training.) FOR FITNESS CLUB MEMBERS ONLY. Ongoing.

1 I-Hour Session

Course #	Day	Date	Time	Fee (M/NM)
16417	M & W	Sep 7-Dec 26	9am-4:50pm	\$37

2 I-Hour Sessions

16418	M & W	Sep 7-Dec 26	9am-4:50pm	\$61
Instructor: Klopfer				
Location: Fitness Room				

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, class includes fitness assessments. New participants must register and have a signed doctor's certificate. Forms are available in front office. FOR SENIOR CENTER MEMBERS ONLY. Ongoing

Course #	Day	Date	Time	Fee (M/NM)
16420	M & W	Sep 7-Dec 26	1:30pm-2:15pm	No Fees
16421	M & W	Sep 7-Dec 26	2:20pm-3:05pm	No Fees
Instructor: TBA				
Location: Carnation Room				

Senior Pilates

Join us for a modified, gentler version designed for the senior participant. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes.

Course #	Day	Date	Time	Fee (M/NM)
16433	Tu	Sep 20-Nov 15	2pm-2:45pm	\$46/\$57
Instructor: Klopfer				
Location: Exercise Room				

Senior T'ai Chi Ch'uan

This exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. FOR SENIOR CENTER MEMBERS ONLY.

Course #	Day	Date	Time	Fee (M/NM)
16423	Tu & Th	Sep 20-Nov 17	10am-10:50am	No Fees
Instructor: Tuanmu				
Location: Exercise Room				

Soft Aerobics

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain.

Course #	Day	Date	Time	Fee (M/NM)
16424	Tu & Th	Sep 20-Nov 17	11am-12 noon	\$36/\$45
Instructor: Staub				
Location: Carnation Room				

Rockville Senior Center Flu Clinic

Wednesday, October 26
10 am-1 pm

November 15
10 a.m.-1 p.m.

\$25 for those without Medicare Part B insurance

Seniors

Strength Training Basics

Designed to emphasize muscle strengthening and toning, proper technique and body alignment will be taught using hand held weights and exercise tubes. Appropriate for beginners and intermediates.

Course #	Day	Date	Time	Fee (M/NM)
16582	Tu	Nov 22	2pm-3pm	\$6/\$8

Instructor: Klopfer
Location: Exercise Room

Stress

Stress is an essential function of living. Without the ability to tense ourselves, we would fall short in emergencies. Learn how to become watchful if life is a series of little and big crises which become prolonged or if frequent emotional upsets persist. Presented by Jewell Elizabeth Golden, LCSW-C and Ralph Golden, Physiologist.

Course #	Day	Date	Time	Fee (M/NM)
16301	Th	Oct 27	10:15am-12 noon	No Fees

Location: Azalea Room

Table Tennis for Beginners

It's never too late to learn to play. This is your opportunity to begin a new physical activity. The class is for those who have little or no experience playing table tennis. Paddles and balls will be provided. Instructor will be patient.

Course #	Day	Date	Time	Fee (M/NM)
16580	M	Oct 24-Nov 21	11:15am-12 noon	\$17/\$21

Instructor: Staub
Location: Carnation Room

The New Attitudes

This is a spin-off group from the Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

Course #	Day	Date	Time	Fee (M/NM)
16584	Th	Sep 22-Nov 17	12 noon-12:30pm	No Fees

Instructor: Staub
Location: Exercise Room

Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. You must join the Fitness Club to use the tables. (\$25 fee due when your Senior Center membership is due.) Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
16427	M,W & Th	Sep 8-Dec 28	10am-11pm	\$8

Instructor: Cristiano
Location: Fitness Room

Weight Watchers

No more excuses. Join this friendly group, follow the program and watch the pounds disappear. Note: Cost is \$150. Make check payable to Weight Watchers. Payment is due to instructor at the first class. (You may make two \$75 payments.) We need at least 15 participants. Register and you will be called with a start date.

Course #	Day	Date	Time
16429	Th	Oct 13-Dec 29	9:15am-10am

Instructor: Downes
Location: Board Room

Yoga

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing. No class 11/11.

Course #	Day	Date	Time	Fee (M/NM)
16430	F	Sep 23-Nov 18	9:50am-10:50am	\$38/\$48

Instructor: Figure
Location: Exercise Room

Sports/Leagues

Backyard Badminton

Come out and learn to play or improve your game. Our instructor is a National Senior Olympic Gold Medalist. Take advantage of his expertise. All levels of play are welcome. The program is located at Twinbrook Community Recreation Center which has just refinished the gym floor and lined it for badminton. Ongoing. No class 11/11.

Course #	Day	Date	Time	Fee (M/NM)
16399	F	Sep 9-Dec 23	8:45am-9:45am	No Fees

Instructor: Shannon
Location: Gymnasium

Bocce Ball Club

Bocce Ball is easy to learn and can be enjoyed at all levels. We have a great court and have formed a club. If interested in joining a team, call Joyce Staub at 240-314-8822. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
16402	Tu & Th	Sep 6-Oct 13	10am-11am	No Fees

Instructor: Galasso
Location: Carnation Room

Bocce Ball Tournament

Enjoy an entertaining, fun, social morning. Our tournament is open to everyone. Novices, as well as experienced players, are welcome. Team prizes will be awarded.

Course #	Day	Date	Time	Fee (M/NM)
16436	Th	Sep 15	10am-11am	No Fees

Instructor: Cristiano
Location: Bocce Ball Court

Seniors

Instructional Golf Clinic

Instructor for beginner and intermediate golfers will concentrate on the fundamentals of golf which include the swing, grip, stance and posture. An introduction to the short game, chipping, putting and a discussion of rules and etiquette will be included. Clubs provided if needed. First class will meet for one hour.

Course #	Day	Date	Time	Fee (M/NM)
16412	F	Sep 16-Oct 7	10am-12 noon	\$28/\$35

Instructor: Reilly

Location: Azalea Room

Intermediate Table Tennis

This session of table tennis is for those who have had experience playing and a basic knowledge of the rules and scoring. Not only is it fun to play but the game also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls will be available.

Course #	Day	Date	Time	Fee (M/NM)
16413	Tu	Sep 20-Oct 25	10am-10:55am	\$20/\$25

Instructor: Shinn

Location: Game Room

Newcomb Volleyball

Have fun and get fit at the same time. Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Coach 'Bernie' Shannon will help keep you in shape. Come out and play on a newly refinished gym floor at Twinbrook Community Rec. Center. Ongoing. No class 11/11.

Course #	Day	Date	Time	Fee (M/NM)
16416	W, F	Sep 7-Dec 23	10am-11am	No Fees

Instructor: Shannon

Location: Gymnasium

Senior Dodgeball

Remember playing dodgeball as a child? To play, we will divide into two teams and use soft, spongy balls. It is a game of elimination. When a ball hits you or you drop a ball, you are out. The team with players remaining is the winner. Anyone can play and everyone will have a great time.

Course #	Day	Date	Time	Fee (M/NM)
16435	M	Oct 24-Nov 21	10am-11am	\$17/\$21

Instructor: Staub

Location: Carnation Room

Senior Duffers

Enjoy a fun-filled season of golf. Play is arranged at local golf courses with a tournament scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. Only new members need to register. Both 9 hole and 18 hole play are available. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
16419	M	Sep 12-Oct 24	8am-1pm	\$17/\$21

Instructor: Staub

Location: TBA

Table Tennis Tournament

There has been an increased interest in table tennis. Let's all get together and have a friendly competition. Prizes will be awarded.

Course #	Day	Date	Time	Fee (M/NM)
16437	Th	Nov 17	10am-12 noon	No Fees

Instructor: Cristiano

Location: Carnation Room

Ten Pin Rockin' Rollers

When is the last time someone cheered for you? You will have a ball with this social league. New members are welcome; all members need to register. The weekly \$5.50 fee is payable directly to Shady Grove Fairlanes the day of play and includes three games and shoe rental. Bowling is at Shady Grove Fairlanes, 15720 Shady Grove Rd. Ongoing.

Course #	Day	Date	Time
16425	Th	Sep 8-Dec 22	1pm-3pm

Instructor: Jaques

Location: Bowling Alley



Seniors

Trips

Registration Procedure for all Trips:

A In-Person Lottery Registration will be held on Wednesday, August 24, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 and 10:30 a.m. Registrations will be accepted at the Senior Center ONLY. Mail-in or walk-in registrations will be accepted at the Senior Center on Friday, August 26.

Brookside Gardens Excursion

Enjoy the beauty of the fall season. It just keeps getting better as Brookside Gardens continues to expand. Knowledgeable guides will lead us on paths and through the conservatory with its beautiful chrysanthemum display. We will also visit the Butterfly House, the new Sniper Victim Memorial and the Visitor Center. Note: Wear comfortable shoes. Bring money for lunch at a nearby restaurant.

Course #	Day	Date	Time	Fee (M/NM)
16541	W	Sep 14	9:30am-2:30pm	\$25/\$31

Depart from: Rockville Senior Center

Taste of Lancaster County

Come along with friends as we eat our way through Lancaster County. Your day begins at the Landis Valley Museum for a tour, wagon ride, video and morning refreshments. Then we're off for soup and salad at Kreiders Restaurant and Dairy Farm and it's hard to say who is more surprised-you or the cows! Next stop is at the General Sutter Inn for entree and dessert and some time to enjoy the quaint town of Lititz. Trip includes: leadership, transportation, tours and meals.

Course #	Day	Date	Time	Fee (M/NM)
16444	Th	Sep 29	7am-6pm	\$90/\$115

Depart from: Glenview Mansion

Ride The Rails of Adams County

Escape the ordinary and join us on board Pioneer Lines Scenic Railway as we travel from Gettysburg to Biglerville for a narrated trip through Adams County. We will have a conductor's bagged lunch and enjoy the fall foliage before stopping at the Catocin Mountain Orchard on the way home. Trip includes: train ride, bag lunch, leadership, transportation and visit to the orchard/market.

Course #	Day	Date	Time	Fee (M/NM)
16445	Tu	Oct 11	9:30am-3pm	\$58/\$73

Depart from: Glenview Mansion

Oktoberfest

You'll think you're in Europe for Oktoberfest as you meet a zany cast of characters that take you on a musical journey. Colorful costumes, energetic dances and all your favorite polkas will help round out the program. Enjoy a delicious lunch at La Fontaine Bleu and celebrate the change of seasons with us. Trip includes: lunch, show, transportation and leadership.

Course #	Day	Date	Time	Fee (M/NM)
16446	Tu	Oct 18	10am-4pm	\$68/\$85

Depart from: Glenview Mansion

Three Little Bakers Holiday Celebration

Come celebrate the holiday season at the Three Little Bakers Dinner Theatre in Wilmington, Delaware. The magic of Christmas comes alive in this high energy show featuring dazzling costumes and scenery and a wonderful cast of singers and dancers. Start your holiday season with us and enjoy a lavish buffet and famous goodies. This yummy day is not to be missed! Trip includes: leadership, transportation, buffet lunch & show.

Course #	Day	Date	Time	Fee (M/NM)
16447	Th	Nov 10	8am-6:30pm	\$88/\$110

Depart from: Glenview Mansion

